



FIRST SPICE *Mixing Company (Canada) Ltd.*
Manufacturing Chemists to the Food Processing Industries

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Nutritional Analysis

CODE: RMS90300 (S3313)

NAME: CELERY SEED GROUND

Amount in 100 grams, edible portion

PROXIMATE:

Water	g	10.00
Food Energy	kcal	392.00
Energy From Fat	%	227.43
Protein (N X 5.35)	g	18.07
Total lipid (fat)	g	25.27
Carbohydrate, total	g	41.35
Sugar	g	0.67
Fiber	g	11.80
Ash	g	12.00

MINERALS:

Calcium	mg	1,767.00
Iron	mg	44.90
Magnesium	mg	440.00
Phosphorus	mg	547.00
Potassium	mg	1,400.00
Sodium	mg	160.00
Zinc	mg	6.93

VITAMINS:

Ascorbic Acid	mg	17.14
Thiamin	mg	0.00
Riboflavin	mg	0.00
Niacin	mg	0.00
Pantothenic acid	mg	0.00
Vitamin B 6	mg	0.00
Folacin	mcg	0.00
Vitamin B 12	mcg	0.00
Vitamin A	IU	52.00

LIPIDS:

Fatty acids:		
Saturated, total	g	2.19
Trans Fatty, total	g	0.00
Monounsaturated, total	g	15.93
Polyunsaturated, total	g	3.72
Cholesterol	g	0.00